

# SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 11 – JANUARY 2021

## Upcoming Birthdays

2<sup>nd</sup> January – Abbie Birch

2<sup>nd</sup> January – Steph O’Sullivan

7<sup>th</sup> January – Julie Scullion

9<sup>th</sup> January – Pauline Preen

15<sup>th</sup> January – El-Sama Shaji

17<sup>th</sup> January – Liz Callander

27<sup>th</sup> January – Brian Marshall



WELCOME TO THE ELEVENTH EDITION OF OUR  
NEWSLETTER – AND A VERY HAPPY NEW YEAR TO YOU  
ALL!

We hope this regular newsletter will be informative for Residents, Relatives and Staff.

## Fun Facts For January

- On average, it is the coldest month of the year in the Northern Hemisphere.
- It is the second month of Winter.
- In the Southern Hemisphere, January is a Summer month, the equivalent to July.
- Sometimes the Saxons called January the Wolf month, because hungry wolves would come into their towns searching for food during this time of the year.
- For a long period of European history, the start of the new year occurred in March instead of January.
- January is crowned as national soup month.
- Couples tend to separate or divorce more so in January than any other month of the year.
- In leap years, January always starts on the same day as April and July
- King Charlemagne would call January “Wintermanoth” meaning “winter/cold month.

## **This month in history**

- 1622 The Catholic Church adopted 1 Jan as the beginning of the New Year (instead of 25 March).
- 1818 The first regular trans-Atlantic shipping service begins between Liverpool and New York.
- 1806 Lord Nelson, naval commander and hero of the Battle of Trafalgar, is buried at St. Paul's Cathedral in London.
- 1918 The House of Lords gives its approval to the Representation of the People Bill, which gives woman over the age of 30 the right to vote.
- 1970 The first Boeing 747 Jumbo jet arrives at London's Heathrow Airport after completing its maiden transatlantic flight from New York.
- 1846 The first edition of the Daily News, edited by Charles Dickens is published in London.
- 1965 The "last lion of British politics", Sir Winston Churchill died at the age of 90. His body is to lie in state in Westminster Hall, London.
- 1807 London becomes the first city in the world to be lit by gas lights.
- 1596 The most famous English seaman and adventurer of the Elizabethan era, Sir Frances Drake, is buried at sea. The Spanish breathed a sigh of relief!
- 1759 Birth of Robert "Rabbie" Burns, Scottish poet. Burns Suppers celebrated all over the world each year on this day.
- 1912 Britain's polar explorers led by Captain Robert Falcon Scott reach the South Pole – only to find the Norwegian Roald Amundsen's expedition had beaten him by a month.
- 1780 British forces under the command of Admiral Rodney defeat the Spanish at Cape St. Vincent and relieve Gibraltar.
- 1967 Death of Donald Campbell. His jet-powered speedboat Bluebird somersaulted on Coniston Water, Cumbria, at a speed of 300-mph whilst attempting to break his own world record of 276-mph.

## **What Does January Symbolise?**

- January's birthstone is the garnet, which represents constancy.
- January's birth flower is the cottage pink Dianthus caryophyllus or Galanthus
- The zodiac signs for the month of January were Capricorn (until January 19, 2020) and Aquarius (January 20, 2020 onwards). For 2021 the dates will shift to 18–19, due to the leap day in 2020.

# New Year's Word Search

J A N U A R Y F R I E N A C E  
F R I E N D S Y A S R I L A H  
N E Y S E R T I E M O W B L C  
B S I L Y F A E N E I Y A E O  
N O C R N V N V E Y D L B N U  
A L D C L O C K L T I E Y D N  
R U V E W M I D N I G H T A T  
V T O A S T W S N O L Y I R D  
G I A N I N G S E V E U A R O  
C O N F E T T I T M I N G S W  
R N O L C E L E B R A T I O N  
A J A N U E L V E I M K E R A  
Y P A R T Y H A A P Y S E V W  
N E W Y E A R C L O K S O R Y  
S H A P P Y E B A L L R E S O

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST



# TOILETRIES



We would like to take this opportunity to ask if you could ensure all residents have an adequate supply of toiletries. This includes soap, body wash/shower gel, shampoo and shaving equipment (if required). These items will also need to be clearly marked with the resident's name on.

facebook



We have a facebook page for you to follow us on. The page gives details of the Home, including activities, menus, and lots of photographs and other information about the Home. Please feel to 'like' us at <https://www.facebook.com/saintbridgehouse/>

## Laundry News

If you have received or brought in any new clothes please ensure they are labeled clearly with the residents name.



### **News from the kitchen**

***The kitchen would like to reassure everyone that our supply chain of food deliveries continues as normal. We have stocked up on Dry essentials such as bread, rice, pasta, etc just in case there are any issues with receiving supplies, however at present, we do not foresee any issues.***

## Daily Activities

It is important to keep an active mind and we are now leaving out a variety of activities on the table in the main lounge area. These can be used by everyone at anytime of the day. We do ask if these items can be returned after use.

## Regular and Organised Activities

Sam the Hairdresser visits every other Tuesday

Faye, the Foot Health Practitioner visits every 4-6 weeks

Debbie comes along to sing to and play instruments with the residents every Tuesday from 2.30 – 3.30pm (When Home Visiting Policy Allows)

Holy Communion – From the St. Aldates Church – Every other month on a Saturday Afternoon

Phoebe, and the lovely ladies from Mini Concerts will be visiting to provide the residents with some live Singing!

During December and the run up to Christmas, we will be putting on other entertainment for the residents when the home's Visiting Policy allows, however this is subject to change at short notice due to Covid-19.

### **Contact Us**

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ANY articles you would like to put in the next edition of the newsletter please pass on to Gale, Dave, or email: [info@saintbridge-house.co.uk](mailto:info@saintbridge-house.co.uk)

## **EMPLOYEE OF THE MONTH FOR DECEMBER**

After a lot of deliberation, it was decided that Our Employee of the month for December is Gale Tandy.

Well done Gale, and Thank You for your continued Hard work and Dedication.

Please can we again take this opportunity to once again Thank every member of our staff team.